Module 4 TED Talk/Video Assignment

30 points

After viewing the video "How To Design an Effective Workout Plan", https://www.youtube.com/watch?v=5iHQDUvR_vc please complete the following assignment.

1. List the five steps to consider when creating a workout plan from the video. (5 points)

2. Create a one-week workout plan based on the information from the video. Indicate your strength days, cardio days, and rest days. Each day should include the exercises, weights, sets, reps, workout duration, and rest times. Each day should also include how your body feels, your recovery level (slow or quick to recover), and your mental state. (20 points)- Answer: High in weight/ building mass and building explosive fibers.

3. At the completion of the one-week workout plan, please explain one area that you would like to improve on and at least four steps you could take to make those improvements. (5 points)- Answer: I would like to improve my upper body strength. four steps I would take to make these improvements is pushups, more consistent bench pressing, more pull-ups, more weighted arm exercises.